

BPC 157

Mixing, Dosing & Administration Guide

For BPC 157 ZPHC 25 MG Kit (5 vials of 5 mg + 11 mL bacteriostatic water)

Step 1: Mixing Instructions

What You'll Need:

- 1 vial of BPC 157 (5 mg, powder)
- 2 mL of bacteriostatic water (included in the kit)
- 1 mL (100-unit) insulin syringe
- Alcohol prep pad
- Clean working surface

Step-by-Step Instructions:

1. **Wash your hands** thoroughly with soap and water.
2. **Prepare your materials:**
 - a. Place the vial, syringe, and solvent vial on a clean surface.
 - b. Open an alcohol pad, but don't use it yet.
3. **Remove the plastic cap** (flip-off rubber cap) from the top of the BPC 157 vial. You'll see a rubber stopper underneath — do not remove the stopper.
4. **Wipe the top of the vial** (rubber stopper) with the alcohol pad. Let it air dry for a few seconds — this keeps it sterile.
5. Do the same with the **solvent vial** — remove its cap and wipe the rubber top with a new alcohol pad.
6. **Draw 2 mL (200 units) of solvent** (split into 2×1 mL injections):
 - a. Uncap your insulin syringe.
 - b. Pull back the plunger to draw in 1 mL (100 units) of air.
 - c. Insert the needle into the solvent vial and push the air in (this equalizes pressure).
 - d. Turn the vial upside down and draw out exactly 1 mL (100 units) of solvent.
7. **Inject the solvent** into the BPC 157 vial:
 - a. Insert the needle through the rubber stopper of the BPC 157 vial.
 - b. Slowly inject the solvent down the inner wall of the vial, not directly onto the powder — this helps it dissolve gently.
 - c. Remove the needle once all the solvent is in.
8. **Mix the solution:**
 - a. Do not shake the vial.
 - b. Gently swirl the vial in small circles until the solution becomes clear and fully dissolved (this may take a few minutes).
 - c. If foam forms, let it settle in the fridge before use.

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9. **Label the vial** with the date you mixed it.

10. Store the mixed vial in the refrigerator (36–46°F).

Final concentration: **2.5 mg/mL = 2500 mcg/mL = 25 mcg per unit**

Step 2: Choose Your Dose

Typical Dose:

- 300–500 mcg (micrograms) per injection
- Frequency: 2–5 times per week
- Duration: 6–8 weeks per cycle

Dose (mcg)	Syringe Units
300 mcg	12 units
400 mcg	16 units
500 mcg	20 units

Step 3: Inject BPC 157

1. **Wash your hands** thoroughly with soap and water.
2. **Take the BPC 157 vial out of the refrigerator** and let it sit for a few minutes at room temperature — this makes the injection more comfortable.
3. **Wipe the rubber top of the vial** with an alcohol prep pad. Let it dry fully.
4. **Draw the dose into the syringe:**
 - 4.1. Remove the cap from the insulin syringe.
 - 4.2. Pull the plunger back to the number of units that matches your dose.
 - 4.3. Insert the needle into the vial and push the air into the vial (this helps equalize pressure).
 - 4.4. Flip the vial upside down and slowly draw your dose
 - 4.5. Check for air bubbles — if there are any, tap the syringe gently and push the air out.
 - 4.6. Confirm you're at the correct unit mark for your dose.
5. **Choose an injection site:**
 - 5.1. **Systemic injection:** Inject subcutaneously into abdominal fat (2 inches from belly button)
 - 5.2. **Local injection:** Inject close to the injury site (subcutaneous or intramuscular)
6. **Clean the skin at the injection site** with a new alcohol prep pad. Let it dry.

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7. Inject the medication:

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- 7.1. Hold the syringe like a pencil at a 90° angle (or 45° if very lean).
 - 7.2. Pinch the skin if needed.
 - 7.3. Insert the needle in one smooth motion.
 - 7.4. Slowly push the plunger all the way down.
 - 7.5. Hold for 5–10 seconds, then gently remove the needle.
8. **Dispose of the used syringe** in a sharps container.
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Tips for a Comfortable Injection:

- Inject at room temperature (cold solution can sting)
- Use a fresh needle every time
- Apply light pressure to the site if there's a small drop of blood
- Use a different injection site each week when injecting in the same body region.

Injection Timing & Cycling

- **Common cycle:** 8 weeks on, followed by 8–10 weeks off
- Daily use is not required; most users inject 3x/week for general recovery
- May be stacked with other healing peptides such as **TB-500** or **GHRPs**.

How Long the Kit Will Last

One 25 mg kit is sufficient for a full 8-week cycle at typical therapeutic dosing (300–500 mcg, 3–5x/week). Depending on frequency and dosage, the kit may cover 1–2 complete cycles.

Dose per Injection	Frequency	Weekly Use	Duration (with 25 mg)
300 mcg	3x/week	0.9 mg	~27 weeks (3+ cycles)
500 mcg	3x/week	1.5 mg	~16 weeks (2 cycles)
500 mcg	5x/week	2.5 mg	10 weeks (1 full cycle +)

Storage & Safety Tips

- **Unmixed vials:** Store at room temperature, away from light
- **Mixed vials:** Store in the refrigerator (36–46°F)
- **Do not freeze**
- Always use sterile technique
- Dispose of used syringes in a sharps container